

CHEERLEADING

Room A102 unless otherwise noted

Tuesday, July 26

7:30 a.m. Registration & Exhibit Areas Open
9:00 a.m. – 9:50 a.m. David Martin, The Jason Foundation: Suicide & Student-Athletes – Auditorium
10:05 a.m. – 10:30 a.m. **NCA Sport Meetings:** Creation of NCA Cheerleading Advisory Committee
10:45 a.m. – 11:35 a.m. **Welcome, Celebration of Life - Saundi Fugleberg**
Keynote: Jimmy Page, Author, Speaker, Leadership Coach: *Heroic Coaching: Rediscover your Purpose, Passion, and Power to Win On and Off the Field* – Main Gym
11:35 a.m. – 1:15 p.m. **Lunch on your own – Visit Exhibitors**
1:15 p.m. – 2:05 p.m. Erin Sparrold, ES Sport Nutrition – Best Practices for Cheerleading & Dance
2:20 p.m. – 3:10 p.m. Varsity Spirit, Showcase & Fashions for Cheerleading
3:10 p.m. – 3:45 p.m. Ice Cream Social – Exhibitor Area
3:45 p.m. – 4:35 p.m. NSAA Concussion, Cardiac Arrest and Heat Acclimatization Training - Auditorium

Wednesday, July 27

7:30 a.m. Registration & Exhibit Areas Open
8:00 a.m. – 8:50 a.m. Doc Beeman, 3D Institute: *Parents as Assets* – Auditorium
8:00 a.m. – 4:00 p.m. *Coaches Care Blood Drive* – West Side LNS
9:00 a.m. – 9:50 a.m. Amanda Hoppert, Former Head Coach University of James Madison & Ole Miss & UCA
Judge: *Understanding & Maximizing Your Scoresheet at Competition*
10:05 a.m. – 10:50 a.m. **District Meetings & Major Raffle at Mtg.** (Elections of Board Members, Election of Advisory Committee Members, Q&A with NCA Board of Directors)
11:05 a.m. – 11:55 a.m. Amanda Hoppert, Former Head Coach University of James Madison & Ole Miss & UCA
Judge: *Strength & Conditioning to Prevent Injuries*
11:55 a.m. – 1:15 p.m. **Lunch on Your Own & NCA Sports Advisory Lunch Mtg. at LNS**
1:30 p.m. – 2:20 p.m. Amanda Hoppert, Former Head Coach University of James Madison & Ole Miss & UCA
Judge: *College Recruiting*
2:35 p.m. – 3:25 p.m. Amanda Hoppert, Former Head Coach University of James Madison & Ole Miss & UCA
Judge: *Takeaways From Coaching During COVID*

Thursday, July 28

7:30 a.m. Registration & Exhibit Areas Open
9:00 a.m. – 9:50 a.m. Stefani Lane, Millard West HS, NE: *Steps to Building a Competitive Cheer Program*
10:00 a.m. – 10:50 a.m. Darin Boysen, NCA: *Nebraska State Cheer & Dance Championships – New Timelines for Registration/Open Forum*
11:05 a.m. Drawings – Main Gym